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THE BOOK OF ICES

ICED BEVERAGES

e 268

ICE-CREAMS

244

AND
ICES

FULL AND CORRECT INSTRUCTIONS FOR MAKING ALL
KINDS OF ICE-CREAMS, WATER ICES, ICED PUDDINGS,
ICED KISSES, FROZEN FRUITS, ICED BEVERAGES,
HARLEQUINS, MACÉDOINES, ICED CUSTARDS,
SOUFFLÉS, ETC., ETC.

FOR
HOME
AND
CONFECTIONERS' USE

BY MRS. H. LLEWELLYN WILLIAMS



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THE HISTORY OF ICE-CREAM.

AS Rome was not built in one day, so was mankind a long while arriving, by slow stages, to the perfection of summer refreshment enjoyed in our American ice-cream. So frankly acknowledged is its excellence, that it is welcomed in London, where the climate favors its being eaten all the year round. The benighted Europeans, for the most part, have to be content with its paler sisters, the Water-Ice, and the old-fashioned Ice-Cream.

In early times, beverages were cooled by exposure in porous vessels to currents of air. In the hot countries possessing snow-capped mountains, however, the snow was gathered, compressed, converted into a kind of ice by saturation with water, which, when frozen, was cut into blocks, as required. The snow is still used in the *Neve-rias* of Spain, and in Turkey, for sherbets (the *sorbetti* of the Italians, and the *sorbets* of the Parisians). Ice has been known for the table from time out of mind. There are Biblical allusions to its use by Solomon, and the people of Palestine still use ice and snow from Mount Lebanon. Alexander the Great was so fond of it that a frozen delicacy, the *Macédoine*, is named after him, as the chief Macedonian.

About fifty years ago, a Bostonian shipped ice to the

British metropolis, where ices were made fashionable by Gunter, a confectioner ; but the supply is now drawn from Norway—augmented greatly by a family, named Gatti, making the delicious dainty popular. In Paris, as in India and South America, several reliable ice-making apparatuses suffice for the demand ; and freezing mixtures of approved value are elsewhere used. The last are recommended where ice is not readily obtainable, for these machines are not practicable on a small scale, or for casual want.

While there is a wide variety of iced delicacies, upon excluding such fanciful flights as “Frozen Fruits” (*Glacés aux Fruits*), two main kinds are found : Water-Ices and Ice-Creams. The latter, called by the English *Cream Ice*, is divided into the American, or Philadelphian, and the Italian, or Neapolitan. The former is more of a cream and less of a custard than the other—the proportion of eggs used differing—but they have a close resemblance in substance. The art of making either sort, and the multitude of kindred frozen sweets, is to be acquired quickly, with no difficulty, from the instructions in these pages. Abroad one can revel in ices, without visiting the most fashionable confectioners, as the ever-present Italian venders sell excellent articles ; and at the petty stalls by the portico of the Milan Cathedral, as good ices can be had in clam-shells, as out of porcelain at Doney’s, in Florence, or the Florian, in Venice.





PART ONE.

ICE-CREAM MAKING APPURTENANCES, UTENSILS, ETC.

ALTHOUGH this list of the utensils required by the ice-cream maker may seem formidable, all are not indispensable, and most are already in the kitchen. I have also, where possible, indicated how to attain the end by simple means. Absolutely necessary, however, are the Freezer, with its ice-pail; a Paddle, or wooden spoon; an Ice Bucket, with implements for breaking ice up small; and—common in all kitchen outfits—a Bain-Marie, water-bath, or farina boiler, strainers and sieves of wire, muslin, hair, or silk; lemon-squeezer, preferably of wood, as it imparts no flavor as metal might do; mortar and pestle; an egg beater, unless you use silver knife or fork, or hand-whisk to beat with; jelly bags; porcelain-lined bowls; moulds for cream; an ice-cave (*étuve*), for *Biscuits Glacés*. Confectioners, for precision, use lactometers for the milk, thermometers, saccharometers, areometers, graduated measures and scales.

For family use there are patent machines, saving labor and time, as they are worked by a crank. The old styles turned by hand, is not, however, out of use. Instruction,

for the machines are generally provided with them ; ours are for the old-fashioned freezing-can in a pail. This is a cylindrical vessel of pewter, block tin, or tinned plate ; the bottom is rather thick and rounded ; the lid, or cover, has a strong handle, and fits tightly on its deep lower edge only, so that its removal is easy. If this border fitted tightly all its depth, it would pump up the contents, and be hard to take off. The outer vessel, or pail, is of hooped wood, somewhat deeper than the freezer, and capacious enough to enable ice to be packed between its inner face and the freezer's surface. It is supplied with a drain hole at the bottom, and stopping-plug, to draw off the waste water of the melted ice.

THE BAIN-MARIE, OR CUSTARD BOILER.

This is an apparatus to boil cream, sugars, etc., without danger of burning. It comprises two vessels—the inner one for the cream, etc., to be cooked, kept away by hot water from contact with an outer jacket, which is directly exposed to the fire. The inner dish is usually block-tin or iron, porcelain lined ; the outer of tin-plate.

MORTAR AND PESTLE.

These implements, in white-ware, as used by druggists, are useful for crushing kernels, bruising fruit and pounding sugar and spice.

EGG BEATERS.

A knife beats even better than a fork. The beaters worked with a crank save time. The large-branched whisk is very efficacious, and so is the confectioners' egg-whip.

THE ICE-PAIL.

The pail should be strong enough to resist the breaking up of ice in it. The pieces of egg size can be reduced as wanted.

THE PADDLE, OR WOODEN SPOON.

Any hard wood, not too heavy, will do, as long as it emits no flavor. If a flat metal spoon, or spatula, is used, it ought to be silvered, or tinned; and even then it is apt to detach metal scrapings from the freezer.

THE PULPER, OR MASHER.

Fruit is generally mashed with a wooden loggerhead or potato masher, or with the pestle in the mortar; but some cooks force it through a coarse grater. The flat graters are handy for many purposes, being stronger than round ones.

MOLDS OR SHAPES.

These are made in bewildering variety. The most desirable are: A round one, an egg, or oval (cabinet pudding shape), an oblong (popularly, "the brick"), the pyramid, and "the rockery" (*moule au rocher*), an irregularly surfaced mound. The size most in request in the family kitchen is the small one intended for single ices. All are made in halves, hinged and shaped to facilitate turning out. The simpler the shape and less irregular the edge, the easier it is to extricate the ice-creams, water-ices and puddings, without breaking.

METERS AND GAUGES.

Although most housewives, and nearly all cooks, not professional, hold scientific instruments in aversion, those

for milk, spirit, sugar and heat will be oftener employed, if once tried without prejudice.

The SACCHAROMETER shows the degree of sweetness, of sugar syrup in any dilution by water, and will serve to test similar liquids. The LACTOMETER answers for the same, and in testing the water in milk. The THERMOMETER is more commonly known and used. The AREOMETER tests the density of syrups, etc.

ICE AND SNOW.

Artificial ice is usually frozen so solidly that it has not the air bubbles caught in as in that naturally produced; it is not so good as the latter. Snow is good, and after pressing together and adding water, it will be like broken ice, for the freezing mixture with rock salt. Sea salt is better than rock salt, while the fine is nearly useless, as it melts ice too quickly. Coarse kitchen salt can be used. The salt should be crushed into pea-sized lumps. Equal parts of ice and salt is the ice-cream-maker's mixture; in making *biscuits glacés* more salt is used.





MATERIALS FOR ICE-CREAMS AND WATER-ICES.

MILK AND CREAM.

FOR cheap ice-creams, milk is frequently used. When frozen it will not stand firm as long as congealed cream. Another deficiency is a custardy taste, which can rarely be disguised, much less concealed by "the tricks of the trade," *i. e.*, the admixture of farinas and gelatine.

The cream should be the very best, as it is very susceptible to, and absorbent of flavors from the feeding of the cows, the dairy vessels, the vicinity of unpleasant odors in the transportation to town, etc. Cream skimmed off the milk after twelve hours' standing is called "single"; after standing for the same period further, "double," and this should be used, as it can be worked up into froth without loss.

CREAM (OR PHILADELPHIA) ICES.

These are composed of perfectly fresh cream (or milk), few, or no eggs, sugar, and various flavors. There is no cooking of the "composition," as the mixture is technically called.

PLAIN CREAM.

In a china bowl, porcelain-lined pan, or glazed dish, put the eggs, in yelk or white, or whole, and the sugar of the recipe ; with the paddle, mix them thoroughly, and gradually add the cream, or milk. The *Bain-Marie* (or any double pan which prevents scorching during boiling), is to be ready with the water warm, in which set the freezer. Pour the mixture into the latter through a strainer, and keep stirring it with the paddle, until it runs no more. Take out the freezer and stand in cold water. Now pour in the flavoring. Never cook fruit flavors with the cream. Those who fear to put a pinch of salt in, to correct the flat taste of the milk, may substitute a little grated lemon peel. As the faintest taste of burning or overboiling will come out, take particular care in boiling. Get the fire ready and clear ; the moment the mixture works smooth, remove it at once, pour into the glazed dish containing the flavor, and cover with muslin or paper, if the perfume or flavor is evanescent.

EGGS.

Eggs should be fresh ; *candle* each to perceive the state, and break each separately, so that a bad one may not taint the rest. Test also by smelling ; and, in winter, taste for that "strawy" flavor, which must cause rejection of the suspicious specimens. When eggs are used in preference to cream, more sugar is required, in the proportion of one pound to two dozen eggs.

SUGAR.

Sometimes home-powdered granulated sugar is used, but commonly the best and most finely powdered is de-

manded by the recipe. If what you get is doubtful, powder the finest granulated sort in the mortar. By using syrup, particularly in fruit ices—sugar to water, by weight one part to two, dissolved cold—the fineness of the powder does not matter. In very hot weather an excess of sugar delays the freezing. The standard proportion of cream to sugar is one quart to half a pound.

TERMS IN SUGAR-BOILING.

“Au Boule”—till it “balls”—an expression to show a stage in sugar boiling, when the boiling stuff, touched with a wet stick, or the finger dipped in ice-water, is found so tough and yet yielding under cold water, as to roll up into a ball.

“The Crack”—when the boiling sugar, cooled, will crack if bitten, and yet be clinging enough to resist a little ; a stage beyond the pulling point in taffy making.

“Caramel,” the seventh stage in sugar-boiling, is described under the name “Coloring,” which see.

FRUIT.

So-called fruit-flavorings and essences are used by the unscrupulous, but the real fruit is preferred by the *connoisseur*. On the ripeness depends the flavor ; as fruit, once ripe, turns the point, and begins to decay. But if it is immature, the acidity will tend to prevent firmness in the ices ; in this case use a less quantity. All should be fresh. If the small fruits, such as cherries, plums and berries, are heated by the season or the journey, cool by dipping them in water in their basket ; or wash them, so briskly as not

to wash away the flavor. Fruit with peel or rind—oranges, lemons, melons—should not only be washed but brushed, to remove impurities and the tang of the box, paper, sawdust, or other packing. The down should be rubbed off peaches, nectarines, apricots, and their kind. “Woody,” or fibrous oranges and lemons are all but useless; the thin-skinned are always best; unripe ones are sharper in the juice, and there is less of it than in mature ones. Lemons always improve where an acid is wanted—with strawberries, bananas and oranges, for instance. The variations in flavoring power of small unripe fruit, as compared to mature fruit, should be borne in mind. Sugar will correct acidity, but too much sugar hinders freezing, while too little makes water-ices granulated. When ices are too much sugared, they become unctuous (*graisse*, French *glaciers* say); if too little, they will be sour (*aigre*). Unripe fruit should be mashed in the sieve, and the pulp put in syrup (*i.e.*, already made, or fresh-made of sugar and water), which is better than trying to sweeten the fruit by soaking it in water or syrup, a process which kills the flavor.

FLAVORS.

As “a little goes a long way” of the genuine flavors, these only should be used. They will not be found expensive, if properly used, that is, sparingly, and only after the mixture has cooled. They are much more effective then. When a quantity of ice-creams require various flavors, it saves time to put the latter in glazed pots in a row, and pour the composition, made plain, into them.

ALMOND.—Only the paper, or thin-shelled variety will serve our purpose. “Milk of Almonds,” as the emulsion

is called, is yielded most plentifully by the "Princess" sort. It is made as follows :

Almonds.	2 oz. ;
Sugar,	1 lb. ;
Water,	1 ½ lb. ;
Juice of two lemons.	

Blanch the nuts and run them through cold water ; pound them and keep them moist with water, so they will not turn to oil. Put this paste into the syrup of the sugar and water, and squeeze in the juice of two lemons. Strain. To avoid the expense of almonds, Orgeat syrup may be used. In this case less sugar will be wanted.

Almond essences and syrups, or *Noyaux*, are often used instead ; still less expensive are peach-kernels.

CARAMEL.—Burnt sugar at the seventh degree of boiling, 400 Fahrenheit. It is bitter in taste, deep brown in color (hence used for coloring), and crisp, like taffy (toffee). For cream it is thinned in water, and boiled again into molasses (treacle), till it ceases to "candy." It is then bottled, and kept corked. For cheapness, candy "off color" is used instead of sugar.

CHOCOLATE.—Get the best, without flavor, and flavor it to suit, with vanilla, or cinnamon, etc.

CINNAMON.—Druggists keep finer than the grocers. Get the Ceylon sticks, pound to dust, and sift finely. Use sparingly.

COFFEE.—Mocha is superior to Java. Select the small, rounder beans ; roast to a rich brown in a very hot oven. The fresh roasted beans are termed "White," the ready ground roasted "Black," in cream flavoring.

FILBERT.—Much the same as Hazelnut (*Noisette*), which see among "Ice-Creams."

FRUIT FLAVORS.—See each in the recipe for its own ice, or cream, also see pages 15, 16 and 17.

HAZELNUT.—The native is used, but the Spanish filbert is preferable. The Barcelona is not so sweet, and is ranker than the English filbert.

MADEIRA NUT.—Same as the English Walnut.

MOKA.—(Mocha), French cooks' name for coffee, which see above.

PISTACHIO NUT.—A small Spanish and Italian nut like a filbert and resembling the almond in taste. The latter is used in its stead. The characteristic green tint is imitated with the greens described in "Coloring," hereafter. *Milk of Pistachios*, follow the recipe for "Milk of Almonds" above.

VANILLA AND LEMON are the most popular flavors. The Mexican varieties of Vanilla are best, and the "frosted" beans choicest of them. The extracts and essences are not all reliable. In making Vanilla syrup or sugar, an ounce will impregnate a pound; cut up the bean at the last moment, to work into the sugar for the savor.

WALNUT, our Walnut, and Hickory-nut are used in taffy; but for ice-cream the English kind must be taken. The skin is strong, and only a few fail to "blanch," or remove it; yet it is used unblanched sometimes.

FRUIT FLAVORS.

Fresh picked fruit is preferred in general; but canned (tinned) fruit, though rather acid as a rule, will answer, in quarters, or pulp. Jellies and Jams, if home made, will supply a flavor, but they must be heightened by essences. The French fruit syrups are reliable, but often are so

spirituous that they delay the freezing; in this case, add them at the last stage of the freezing.

FRENCH FRUIT JUICE.

Make a pulp of select fruit; squeeze it out through a fine sieve into a bottle, filling it to the shoulder; cork tight, and fasten the cork with wire. Put in a vessel of boiling water, and boil for half an hour. Let the cooling take place in the water, and then cork. Wax the corks. Keep cool in the dark. When opened, used *instantly*. On account of the acidity, never cook with the creams. Take sugar, and make a syrup, which is to be stirred into the *chilled* cream, or beaten in after the freezing. Fruit juice is the foundation of water-ices and *sorbets*.

APPLE.—Do not peel, but quarter and slice, letting the pieces fall into water, to prevent discoloration. Chop, and pulp up, straining out the juice quickly, to be mixed with sugar, or syrup.

BANANAS.—Peel, mash, and strain, without delay. As bananas alone are tame and mawkish, lemon juice is used to improve the flavor.

CHERRY.—Stone some of the largest, richest kinds; bruise up to a pulp, in which mix some of the kernels of the stones, pounded, so as to get the characteristic savor. Allow this to stand for a while, then stir again, and strain.

GRAPE.—Avoid bruising the stones in braying the fruit in the mortar, strain and blend with sugar, to make a syrup. White grapes require color; purples, none.

LEMONS.—Foreign cooks prefer the Levantine and African. Nevertheless, Florida, or California lemons can successfully compete with these. Choose on account of the thinness and smoothness of the skin. The weight,

or "heft," implies plenty of juice. The rind and seeds contain bitterness, to be avoided, unless wanted for a zest. When this peculiar flavor is wanted, rub off the aromatic oil in a handful of granulated sugar, or upon pieces of lump sugar. Then dissolve this sugar in cold water, to make a syrup. If the fruit is wanted, pare off the inmost filmy envelope, quarter and extract seeds and pith. Crush, strain, and in the juice dissolve the sugar. When strained again it is ready for use. Some slice the fruit very thin, and smother in the sugar.

NECTARINES.—Peel, stone, mash. They need lemon flavoring.

ORANGES.—The English prefer the Mediterranean kind; others, the West Indian; but the Florida, Red River, or California oranges will suffice, even for the epicures. Choose the same as lemons, and treat similarly. They require a "dash" of lemon juice.

PEACH.—The white fleshed peach is preferred to the yellow. As they will spoil very easily, work quickly. Chop and pulp; strain; mix with sugar or syrup, in a glass jar. Keep on ice, covered, until wanted. Some of the kernels, bruised, give enhanced savor.

PINEAPPLE.—Have the finest; be careful about cutting off the rind and cutting out the core; mash into sugar; use at once.

PLUM.—Save some of the stones to improve the flavor, by making a syrup of their kernels, broken and bruised in sugar. Mash the fruit, etc.

RASPBERRIES.—Select large, ripe, clean, fresh-picked berries. Press them out in a coarse cloth. Let the juice stand a short time; strain; sugar to taste; strain again and use at once. A little currant or lemon juice will improve this.

RED CURRANTS.—In mashing, avoid breaking the seeds.

STRAWBERRIES.—Choose the largest and reddest among the ripe, fresh-gathered berries. Pulp with a potato-masher, in a little water; let the whole stand for a couple of hours, and then run it through a strainer. Bottle and expose, uncorked, to the air; or put in an oven, or before the fire for a while. Cool. It is better to use it immediately.

COLORING FOR ICES AND CREAMS.

For creams, beverages, ornamental pieces, and especially for fruit-ices, the natural colors of the fruits have to be heightened or deepened. The colors should be the harmless, vegetable ones, and are obtainable at confectioners' supply stores, or druggists'. For AMBER, or GOLD, see Gold. BLUE: indigo is rubbed in water. BROWN: Caramel Sugar, which see above. CARNATION, see Pink. GOLD, bright: turmeric, dissolved in unscented alcohol; marigold flowers. GREEN: *vert végétal*, or green-carmine; also spinach green, made from the leaves, mashed, strained, boiled to a jelly, dried and worked into a paste again with fine sugar, for leaves in decoration and Pistachio Nut Cream. PINK or RED: red sanders in alcohol. ROSE: carmine.

THE FREEZING OPERATION.

The freezer, taken out of its pail, receives the composition to be frozen. This is previously chilled, as it might curdle, or become granulated, if frozen while warm; and, anyway, warmth delays the congealing. On the bottom of the pail put a flat piece of ice, two inches thick, on

which to rest the freezer. Set the freezer in the pail with the cover on it. Pack ice, mixed in equal quantities with salt all around it, pressing the mixture down with the beater until it comes up to the edge. Protect the pail from the warmer outer air, by wrapping it with old towels, cloths, rag carpet, or the like. Wipe the freezer with a towel and keep it spinning around steadily, until the water melted out of the ice begins to rise; or, in a crank machine, until the working is hard. Uncover the freezer, and with the paddle scrape off the frozen flakes just forming, and beat them thoroughly into one mass. Close up carefully, without allowing any of the salted ice to drop inside. Resume the turning, and so continue until the ice-water again rises; run off the brine through the plug-hole and use it to saturate the pail wrappers. Fill up again with ice and salt. After a few minutes' turning, uncover and once more detach the frozen patches, and beat them into the mass as before. Thus continue until the whole composition has become of even consistency, through the action of the cold. In working it smooth with the paddle, leave off with a rounding of the top, from all the sides, toward the middle. When completely frozen, cover tightly, and let it stand to "ripen," as the term goes. Draw the excess water whenever it reaches the top; replace with ice and salt; sponge off the freezer, cover the ice with a towel or woolen cloth, and cover the freezer with a white one, cotton, linen or flannel. Water-ices lose their coldness much sooner than ice-creams, and so must be better protected from warmth and evaporation.

To prevent the inconveniences of haste, ices to be eaten in the evening should be frozen early in the afternoon; and those for noon, betimes in the morning, after prepa-

ration of the ingredients over night (when fresh fruit is not to be used). When thus waiting, the freezer should be looked to every half hour, and a few turns given. A hard crust is likely to form around the freezer, inside, at the top, which must be removed. The composition may require a little manipulation to keep it smooth and uniform.

When any cream or ice is left beyond the demand, dip the freezer in water to make it turn out nicely, and pour what is left into porcelain-lined pans. These resist the acids in the fruits. Store in a cool place to be used again. The French call this "refreshing the composition."

ICES AND CREAMS IN QUANTITY.

As a large, hand-worked freezer would be troublesome, a quantity is repeatedly made in an ordinary sized one, and then transferred to a sufficiently large container, which is kept cool in a vessel of ice and salt until the ice or cream is wanted.

IN CASE OF ACCIDENT.

Should the ice or salt water spill into the mixture, take out the freezer at once, scoop out the foreign stuff, smooth over the gap, and wipe the freezer inside. Pour in pure water several times, and sop it out, removing the upper crust, as any water left in would turn to ice, and spoil the cream. It does not so much affect water ices.





PART TWO.

ICE-CREAMS.

Philadelphia Ice-Cream. *Without cooking*

the composition, it is put into a freezer, and beaten during the freezing. It increases in amount. All the recipes for Neapolitan ice-creams hold good for this style, except that the foreign style requires eggs, or more of them, and more sugar. They are more firm and unctuous, and less creamy and light. See the special, individual directions for each sort.

WITH COOKED CREAM.—Boil the cream in the double boiler, frequently stirring, until the outer water boils. Remove and sift in the sugar, and sometimes the flavoring. Stir till the sugar has melted, and let it rest for several minutes before straining. Cool, and then place in the freezer and freeze. The flavoring is often best added at the finish of the freezing.

Neapolitan Ice-Cream. Under this title the recipes of all foreign ice-creams are given. Some use whole eggs, others only the yolks, with perhaps one white to five of the yolks. In either case, beat the number stated in the recipe to a smooth, stiff cream. Add the sugar by sifting it in; or if, as commonly, in the

syrup form, beat again; strain, and whisk up the whole into the firmest of froths. Mix with the cream, and lastly, introduce the flavoring. The boiling is to be done over a smart fire, with continual stirring, until it thickens beyond the running point. Unboiled cream may "turn"; the other seldom curdles. When taken off, strain into a glazed dish, cover to keep the dust out, and allow to cool. When cool, put into the freezer, which should then be set into its ice pail and packed closely with ice and salt, as before directed. Let it stand with the lid off, but covered with muslin, until ice-cold. Freeze—(refer to "The Freezing Operation").

The Neapolitan, or Italian style, differs from the French only in being rather less of an ice-cream than a frozen custard; and milk is more often used for the cheap, popular supply than cream.

A la Reine (Alla Regina). For this French and Italian Ice-Cream, in which cake crumbs are used, see among *Biscuits Glacés*.

Almond (Burnt) Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of Eggs,	6 ;
White of Egg,	1 ;
Lemon peel, grated,	a pinch ;
Burnt Almonds,	2 oz.

"Burn" the blanched almonds in a roaster, in the oven; or in a pipkin of earthenware or iron, over the fire, until of a golden-brown tint. Pound them fine with a little cream and some of the sugar, and put it all into the

cream before straining the mixture. *Another Way* is to boil the unskinned nuts with enough of the sugar to make a hard cake when cooled, which can be powdered and sifted fine. Add this paste or powder to the cream, then boil and freeze. To strengthen the "burnt" flavor and give a nicer color, caramel sugar is used. (See *Caramel* in "Colorings".)

Aniseed or Anisette Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Anisette cordial,	2 wine-glassfuls.

(Instead of this an infusion of aniseed may be made in hot syrup and strained, tasting to keep the flavor in bounds). The cordial is poured in and mixed at the final state of the freezing.

Apple (Baked) Ice-Cream. Instead of the mashed raw apple used for "Apple Ice-Cream," use the pulp of baked apples rubbed through a sieve. Flavor with nutmeg, cloves or cinnamon, or any two, or all three.

Bay Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Lemon peel, <i>etc.</i>	

Lemon peel grated, just by way of a relish, and bay

leaves for sufficient flavor. An infusion of the latter is put warm into the cream when done.

Bisque Ice-Cream. (See *Biscuits Glacés*.)

Boston Brown Bread Ice-Cream.

(See *Biscuits Glacés*.)

Butter Ice-Cream.

Cream,	1 qt.;
Sugar,	$\frac{3}{4}$ lb.;
Yelks of eggs,	6;
Whites of eggs,	2;
Unsalted butter,	2 oz.;

Grated lemon peel instead of a pinch of salt. The butter must be very fresh, *i. e.*, with the salt washed out of it. When the cream is cooked and nearly cold, work the butter up with it by degrees, in a glazed pan, till the union is complete. If the cream were too warm, it would melt the butter and they would separate. It is thought an improvement, by some, to mix with the butter the same amount of "Milk of Almonds," or of other nuts, pounded into a paste with a little cream. The primrose color is obtained from carrot or marigold flower juice, or the *Gold Coloring* described, p. 19.

Caramel Ice-Cream.

Cream.	1 qt.;
Sugar,	$\frac{3}{4}$ lb.;
Yelks of eggs,	6;
White of egg,	1;
Burnt (<i>praliné</i>) Orange Flowers,	1 heaped table-

spoonful ; Sugar for the Caramel, 3 heaped table-spoonfuls.

Make the caramel as described under "Coloring." When it is at the proper hue put in the "burnt" candied flowers, stirring a little. Take off the fire, pour a little cream on it, to liquify it, and put it into the cooked cream. Instead of orange flowers, vanilla or other flavor can be used. Serve with *Whipped Cream* (which see later) if liked.

Chocolate Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;

Vanilla Chocolate, 5 or 6 oz.; grated lemon peel instead of a pinch of salt.

Scrape or shave the chocolate as fine as possible ; make a smooth paste of it with warm milk, and put this with the eggs and sugar. If cinnamon, or other flavor desired, is not in the chocolate, add it.

Chocolate Caramel Ice-Cream.

Cream,	1 qt. ;
Sugar.	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;

Caramel chocolate, 1 full tablespoonful.

The flavor is added after the cream is frozen ; it is made of chocolate in syrup heated to the caramel stage of 400 Fahrenheit. On the point of serving trim with *Whipped Cream*, which see later.

Citron Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg.	1 ;
Citron peel,	1 lb. ;

Make the same as other fruit ice-creams.

Coffee Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;

Eggs, 6 to 8 (or 1 white and 6 yelks) ; Coffee, 2 oz., in powder, or $1\frac{1}{2}$ pint strong Coffee ; Grated lemon peel instead of a pinch of salt.

Put the cream (or milk), eggs and sugar in a lined dish in the custard boiler and bring to a boil. Then throw in the powdered coffee, stirring to mix intimately, until it thickens. Then cover and let it infuse for five or ten minutes. Take it out of the water bath and let it stand uncovered in a warm place to settle while making the cream as usual. Instead of the proper boiler an ordinary pan over a good fire may be used, and covered when the coffee is put in at the boiling point. In the same way as before directed, pour into a glazed earthen or china dish and cover close before mixing with the cream. Serve with Whipped Cream as finish. This is called, we repeat, "Black Coffee"; the "White Coffee" is when the whole coffee beans are used; and the taste and color are not so strong.

Corn (Indian) Ice-cream. Mix with a quart of custard, or cream, hot, the same quantity of cold baked

maize meal (white or yellow) pudding, and force through the strainer. A sweet pudding will need no more sugar or very little. Flavor with your choice, and with cinnamon, nutmeg or ginger. Serve after freezing, with Whipped Cream.

Cream and fruit. Simply the pulp of fruit mixed with cream, a pint to a quart of the latter, and the mixture frozen.

Crème Blanche. (See *White Ice-Cream*.)

Custard, frozen. The same as *Vanilla Ice-Cream*, which see. Instead of the vanilla flavor, choose another to taste.

Déguisé (Disguised) Ice-Cream.

The same as *Hot Ice-Cream Kisses*, which see.

Délicante.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
Whites of eggs,	2 ;

Vanilla, (if this is the flavor chosen), 1 oz. with sugar.

Make the cream as usual, and freeze. Dissolve the sugar and boil it to the "balling point" (*boule*—see "Sugar Boiling"). Pour this into the white of one egg, frothed up, and continue to beat the whole, until cold enough to be carefully added to the frozen composition. The other flavors, as *Butter, Coffee, Maraschino, Orange-Flower, Pistachio*, etc., are imparted in the same way.

Filbert Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	5 or 6 ;
White of egg,	1 ;
Shelled Filberts,	4 oz.

Blanch the nuts, and roast them a deep brown in an oven. Rub them to remove the oil exuding, and bray them in the mortar, with a little cream and sugar, until they become a smooth paste. Mix this with the cream, and cook. Cool, and freeze without straining. If not a good color, tint with caramel.

Four Flowers (Quatre-fleurs) Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Orange-flowers, Jasmine, of each a pinch ;	
Jonquils, Pinks, a little less than a pinch.	

Infuse the flowers in the warm cream, when it is taken off the fire, after being cooked.

Four Spices (Quatre-Epices) Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of Eggs,	6 ;
White of Egg,	1 ;

Ground Cinnamon, Clove and Nutmeg, a pinch of each.

Make as usual, and work in the flavor toward the finish.

Fromage Glacé (Ice-Cheese).

(See *Biscuits Glacés*.)

Frozen Custard. See *Custard, Frozen*.

Frozen Froth (Mousse). Whipped cream, frozen without stirring during the congelation, presents a novel appearance for serving with ice-cream or ices of a different color, as the compositions so pleasingly vary in texture.

Fruit Ice-Cream. (Crystalized, Iced, or Candied.)

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Blanched Nuts,	2 oz. ;

Three or more kinds candied fruit, each 2 oz.

The nuts may be almonds, pistachios, or commoner ones. The fruits may be chosen from among the French *glacé* or crystalized cherries, apricots, dwarf oranges (*chinois*), plums, etc., or home-made preserves. Drain them of syrup, chop up small, smother in sugar, and, before serving stir them in. If too sweet, use a little lemon juice. (See also *Frozen Fruit*.)

Hazelnut Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;

Shelled Hazelnuts (same as American Filberts), 4 oz.

Blanch the nuts and roast them a deep brown in an oven, rub off any oil brought out upon them, and bray them in the mortar with a little cream and sugar into a smooth paste, called "Milk." Mix this with the cream and cook. Cool and freeze without straining. If the color is pale, deepen with caramel.

Hollipin Ice-Cream. Ornament a Neapolitan ice-cream, when about to serve, with pieces of vanilla biscuit inserted.

Lemon Ice-Cream.

Cream,	1 qt. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Sugar,	$\frac{3}{4}$ to 1 lb.

Juice of 4 lemons ; juice of 1 orange ; grated peel of 3 lemons.

Mix the lemon and orange juice, and add some of the sugar ; boil in a glazed pan. Strain into a china bowl to let it cool on ice, adding the peel. Let this rest an hour before freezing. In the meanwhile, cook the cream, eggs and sugar, as before directed ; and after freezing this composition add the syrup, and finish freezing. Three or four whole eggs may replace the above six yelks and one white. Lemon essence is often used instead of fruit ; or all fruit is used, in strained pulp, added after freezing.

Macédoines. See the several kinds, under separate articles, thus entitled.

Maraschino Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Maraschino (Marasquin),	2 wine glassfuls.

This cordial has a cherry flavor, and consequently may be imitated with that fruit in syrup.

Mixed Ice-Creams. The *Sorbetti Misti*, of the Italians, and *Variante* (variety), of the French ice-cream makers.

Pleasing combinations for eye and palate are made by placing in contrast, in one dish or glass, or in bars served in paper envelopes, not only two or more kinds of water-ices or ice-creams, but an ice or two with an ice-cream or two. The national colors are thus easily displayed. The simplest and commonest are lemon, or strawberry water-ice and vanilla ice-cream, put in a glass or dish, beside each other, or one above the other. When frozen in bars or slabs of alternating colors, they are called "Harlequins," "Rainbows," etc.

HARLEQUIN ICE-CREAM.—As the well-known (Roman) hero of pantomime is a man of motley, a medley of different colored ice-creams was properly named after his "*coat of many colors.*" The colors are alternated by shades—one light between two dark, and then by colors. A further variety is gained by mixing ice-creams with water-ices. When not served in glasses the Harlequins are frozen in bars, usually striped across the narrow way but this is not a rigid rule.

HOKEY POKEY is a simple, cheap Harlequin ice-cream, or water-ice.

JOSEPHINE.—Have your freezer ready in its packed pail, and put in half vanilla ice-cream, and half lemon ice-cream, or water-ice. Mix well, and freeze in union. (Named in honor of Empress Josephine of the French.)

MARIE-LOUISE.—Into the freezer put one part of vanilla ice-cream to three parts of strawberry water-ice, or ice-cream. (Named in honor of the Arch-duchess Marie-Louise, the second wife of Napoleon I.)

Noisette Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Hazel nuts (shelled),	3 oz. ;

Lemon peel, grated, instead of a pinch of salt.

Blanch the nuts, and pound them very fine. Thin the emulsion with half a pint of the cream, to make "Milk of Hazelnuts." With the remaining cream make the composition ; cook, and combine the two, when the latter is cooled. Freeze.

Noyaux Ice-Cream. Noyaux is a liqueur, or flavor, made from the kernels, of peaches, apricots, etc. If not obtainable for this flavoring, make by pounding up three or four ounces of blanched peach kernels with a little cream and sugar, and put the paste thus made into the ice-cream.

Orange Ice-Cream.

Cream,	1 qt. ;
Sugar,	1 lb. ;
Yelks of Eggs,	8 ;
Juice of 8 Oranges ; Grated Lemon peel,	
instead of salt, a pinch.	

Instead of the orange juice, orange jelly may be used—one quart, if good ; fortify with the juice of two lemons. Cook the cream, mixed with half the sugar, and put this mixture, cooled, in the freezer, ready for freezing. Put the rest of the sugar into the fruit juice, with some grated orange peel, and stir into a syrup, while boiling. Take off, strain, and cool on ice before adding to the cream. Freeze all.

Orange flower Ice-Cream.

Cream,	1 qt. ;
Sugar,	1 lb. ;
Yelks of Eggs,	6 ;
White of Egg.	1 ;
Orange-flower water,	$\frac{1}{2}$ oz.

Make the cream, sugar and eggs into the composition as before directed, cool and frozen. Add the flavoring at the finish and finally freeze a little more. As the imported Orange-flower water is expensive, you can make at home the following substitute :

With four or five drops of oil of Neroli in a quart of water corrected with half a teaspoonful of Carbonate of Magnesia, orange-flower water for flavoring is inexpensively made. This is used in *Orgeat Ice-Cream*, the following recipe.

Orgeat Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Blanched Almonds,	3 oz. ;
Bitter Almonds,	1 oz. (to flavor) ;
Orange-flower Water,	$\frac{1}{2}$ oz. ;

The true Orgeat (barley syrup), is made of barley sugar, almonds and water. Color a pale green. Make the cream and add the "Milk of Almonds." Strain before freezing, as in the "Process of Making Water Ices," Part III., p. 40.

Pine-apple Ice-Cream (Philadelphia).

Cream,	1 qt. ;
Sugar,	1 lb. ;

Pine-apple pulp, one-quarter lb. ; or one pint of juice ;
juice of two Oranges ; juice of one Lemon.

Prepare the pulp, add the other juice and sugar, make a syrup, and strain. Add this to the cream when frozen, and freeze to the finish. With four whole eggs or five yelks and one white, the same will be a "Neapolitan Pine-apple Ice-Cream."

Pistachio Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Pistachio Nuts (shelled),	3 oz. ;

Lemon peel, grated, instead of salt, a pinch.

Blanch the nuts; wash, and grind into a fine paste. If dry, work up with a little cream, or rose-water. Add, cold, to the cooked cream. Run through a sieve, diluting the last portion, if slow to flow. Substitute almonds for the pistachios, and use essence of almonds to strengthen the flavor, if expense is a consideration. Vanilla flavor may be used. Color a delicate green. Cherry cordial, "Kirschenwasser," is sometimes "the dash." Another way is to use Orgeat syrup, two to four ounces, according to strength, instead of the nuts. The *Plain Pistachio*, or *Almond Ice-Cream* has neither extra flavoring nor coloring—merely the nut paste.

Rivière's Ice-Cream.

Cream,	1 qt.;
Sugar,	$\frac{3}{4}$ lb.;
Eggs,	6;
Pistachio Nuts (in paste),	2 oz.
Vanilla,	1 pinch;
Candied peel,	$\frac{1}{4}$ lb.;
"Burnt" Orange-flowers,	2 oz.;
"Burnt" Violets,	2 oz.

Make the Ice-Cream as usual. Slice up the blanched nuts and the peel finely, and put them with the burnt flowers into the cream, when it is nearly frozen. As the whole of the eggs are used, be careful in cooking, lest thickening take place too rapidly.

Roman Ice-Cream (à la Romaine.)

Cream,	1 qt.;
Sugar,	$\frac{3}{4}$ lb.;

Yelks of eggs,	6;
White of egg,	1;
Whipped cream,	$\frac{1}{3}$ qt.;
Citron,	2 oz.;
Ground mace,	$\frac{1}{2}$ teaspoonful;
Orange-flower water,	12 drops.

Make as before directed. The whipped cream is to be added when the freezing is done.

Rose Ice-Cream.

Cream,	1 qt.;
Sugar,	$\frac{3}{4}$ lb.;
Extract rose,	1 teaspoonful.

Rose-water may be used; four or five drops of real Otto of Roses in a quart of water will make it; deepen the tint with carmine, and use a gill. Flavor the cream before boiling. Cook and freeze as usual.

Rose-water Ice-Cream.

Cream,	1 qt.;
Sugar,	$\frac{3}{4}$ lb.;
Yelks of eggs,	6;
White of egg,	1;
Rose-water,	1 gill.

Make the composition as before directed, and put in the flavoring at the final freezing. If found too sweet and unctuous, try less sugar next time.

Strawberry (Crushed) Ice-Cream.

Cream,	1 qt.;
Sugar,	$\frac{3}{4}$ lb.;
Eggs,	2.

Mix, and stir on the fire, while cooking to the boiling

point. Strain through a hair sieve into a bowl to cool. When cool, put into the freezer and freeze. Have ready one quart of cleaned, fresh, ripe strawberries, mash in six ounces of powdered sugar, and add this pulp to the frozen cream. Some "dash" the fruit with a little lemon juice. Finish freezing.

Tea Ice-Cream. *The Model for all Liqueur, Cordial and Wine Ice-Cream.*

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;

Liqueur de Thé (tea cordial), two wineglasses.

The fresh tea flavoring is obtained by infusing two teaspoonfuls of the leaf in warm cream for five minutes and running through the hair sieve. If the liqueur is used, it is added at the finish of the freezing.

Vanilla Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Vanilla,	$\frac{1}{4}$ stick ;
Lemon peel,	1 pinch.

Vanilla sugar or syrup may be used instead of the bean or stick. Proceed as in other creams. The Philadelphia style excludes the eggs.

Variety (Variante) Ice-Cream.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;

Yelks of eggs,	6 ;
White of egg,	1 ;
Grated Lemon peel,	2 oz. ;
Vanilla, powdered,	1 pinch.

Sliced blanched nuts, preserved cherries, preserved ap-ricots, preserved citron (all minced, or sliced thin), of each a half ounce.

The finely sliced fruit and nuts are added to the frozen cream just before the freezing operation is finished.

This is of the "Macédoine," or composite fruit and ice-cream style, which see.

Whipped Cream. If the cream is not "double" (see *Cream*) it will not froth up without deposit. Use a large, shallow bowl, set in ice, and whisk into a stiff, firm froth. Skim, and put the skimmings into a sieve to drain. Put what comes through back into the bowl, and beat up again, and thus continue, until all is beaten up. To each quart of cream allow a half pound of fine, powdered sugar ; or confectioners' "red" sugar may be sprinkled on the unsweetened cream. This is used for dressing, finishing off, filling and sauce.

White Ice-Cream (*Crème Blanche*).

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	4 ;
White of egg,	1 ;

Grated Lemon peel to cover a dime.

Make the cream as directed, putting the white with the yolk, or, better, whipping both into a froth with a little of

the sugar added when almost done. The rest of the sugar is mixed in well when the freezing is nearly finished. This is a good body for mixture with the strongly flavored "Mixed Ice-Creams," which see. The true "White Cream," or *Crème Blanche*, is the "Philadelphia Ice-Cream," to which refer.





PART THREE.

WATER ICES.

Water Ices are distinguished from Ice-Creams by the absence of cream and eggs. The French call them "*glaces aux fruits à l'eau*—fruit water ices" or "fruit-flavored ices." Another name is *granites*, in allusion to their gritty, stony, or granulated taste and hardness, to which the unappreciative object. For them are therefore made unctuous and smooth ices, by using an undue proportion of sugar. When ices are perfection, the composition resembles hard snow or sleet, sweetened, perfumed and flavored. The components are water, fruit juices, cordials and wines, and sugar. The freezing is done in the ice-cream freezer. The same admixture of half and half broken ice and salt is used. Although hard as crystal, water ices will melt quickly, even in the mouth of the freezer. When they are to be eaten alone, they should be more rich with fruit juice and sugar than when served with ice-cream. They can be made so plain as to be merely frozen sweet water. In the kinds where it is not desirable that the ice should present a clear, transparent look, one white of egg to a quart of the frozen composition, well beaten up in a teaspoonful of powdered sugar, may be added, as for Kisses (*meringues*) which see.

The Process of Making Water Ices.

Unless you have your syrup ready, make it by boiling the sugar and water, skimming to clear. Strain while hot, through a fine sieve or a doubled gauze cloth and allow to cool. The flavor is now added before the fruit juice and other ingredients in the freezer, to which the chilled syrup has been transferred. Pack the freezer in its pail with salted ice as for ice-cream freezing. Cover and fasten the lid hermetically with a greased cloth. The turning to freeze takes longer than for ice-cream by fifteen or twenty minutes. To ripen let it rest for two or three hours before sending in to the table.

FRAPPER is to partially freeze, like snow as compared with sleet. Thus are treated wines, absinthe and some of the ices.

The syrups for different fruits vary according to the firmness of their flesh—pears, pines and the citron sort require a syrup of eighteen to twenty-five degrees by the aerometer; plums, apricots, nectarines, thirty to forty-two degrees. Roughly, twenty-two to twenty-five degrees for one and all. All are made by dissolving the sugar in water.

Fruit jellies may be used instead of fruit syrups, when known to be genuine. They are dissolved in hot water, and added, cooled, to the mixture in the freezer. When jellies are used take double the quantity prescribed for syrups. Fruits differ so much in size and juice yielding that experience alone will teach the quantity required. Three or four average lemons or oranges will furnish a gill of juice; one pine-apple, a pint; raspberries or strawberries, three pints of pulp to make a pint of juice; and peaches about the same. The canned pulp is usually rather acid, the French fruit in syrup very sweet.

Apple Water Ice. To one quart of water and one pound of sugar add three gills of apple juice or one and one-half pints apple jelly. Strain and freeze.

Apricot Water Ice. Select fruit enough to make one third of a quart of pulp which may have been mashed with the paddle, or a silvered spoon, through a sieve over a china bowl. Add juice of one lemon after working in one to one and a quarter pounds of sugar, according to the acidity of the fruit, with one quart of water (unless syrup is used—sugar to water, one pound to one quart). After letting this mixture stand for a minute strain through a sieve and freeze. Tint with Carmine and Gold “Colorings,” which see.

Chablis.

Sugar, or thick syrup,	1 lb. ;
Strawberry juice,	1 pint ;
Wine, 1 or 2 small wineglasses.	

Mix the sugar, or syrup, and the fruit juice, which together make about a quart, and freeze. The wine is added at the finish of the freezing. Some add to the wine a half-gill of *Kirschenwasser*.

Cherry Water Ice.

Sugar,	5 lb. ;
Water,	7 lb.

Of which make a syrup, taking one quart ;
Apricot pulp, one quart.

Having made the pulp by forcing the mashed fruit through a sieve over a glazed bowl with the paddle or silver spoon, flavor with a little lemon juice, and allow to

stand a little before straining. Freeze. Some of the kernels of the stones are brayed in the mortar, rinsed with some syrup, and the whole strained; to be added to the nearly frozen mixture, to give a flavoring.

Citron Water Ice (au Cédrat).

Flavor the syrup, composed of one pound of sugar to one quart of water, with half a preserved citron (candied citron peel), sliced up, or boiled up, in it. Peel three lemons and squeeze out the juice, letting it stand for a while before straining, and add it to the flavored syrup. Strain again, cool, and place in the freezer to be frozen.

Currant and Raspberry Water Ice.

Mash the fruit, one part of raspberry to three of currants, through the sieve, until you have a pint of juice. Mix this with one pound of sugar, dissolved in the juice of half a lemon, or with the syrup (one pound to one quart of water), coloring with carmine, if it require a deeper tint. Strain through a sieve into a bowl, cool, and pour into the freezer and freeze. If you want to color after the freezing, mix the coloring with a little of the composition, and work in smoothly.

Grape Water Ice.

Grapes to make juice,	1 pint ;
Sugar,	2 lb. ;
Water,	1 ½ qt.

Mash the fruit and force through a sieve; mix with the sugar and water dissolved into the syrup. If the grapes are very sweet, temper with juice of half a lemon, strained. Freeze. If you use white grapes, tint

a pale green with spinach green, or *Vert-végétal*, for which see "Coloring."

Lemon Water Ice. Make a syrup of sugar and water, one quart of the latter to one pound of the former, or more, in case the lemon is very sour. Make half a pint of lemon juice and half as much orange juice, and mix the two; or you may use the same quantity all lemon juice, fortifying with lemon essence, if needed. Mix the juice with the syrup, and let it stand an instant, before straining through a sieve, cooling and freezing. Some add a gill of cream, but it may give a milky or cloudy look; though this is sometimes wanted for effect, as compared with a transparent yellow, like topaz. Sometimes grated lemon peel is added to the syrup.

Maraschino (Marasquin) Water Ice. In one quart of syrup (made of sugar, one pound to water, one quart), mash the inside flesh of two or three lemons. Strain, as you finish, into a bowl to be poured, cool, into the freezer. When the freezing is nearly completed, put in two wineglasses of Maraschino. As this is a cherry cordial, it may be imitated with cherries, for which see "Cherry Water Ice."

Nectarine Water Ice. Mash the fruit up, the stones being reserved, and force the pulp through a sieve. Mix with the syrup made of a quart of water and a pound of sugar in the proportion of three pints of the juice, or three gills of the pulp; strain and freeze. Instead of this rare fruit, apples may be used for "the foundation," and flavor given with Nectarine Extract. Flavor with a syrup made of the soaked bruised stones.

Royeau Water Ice. Make a fruity "foundation," say of strawberry juice or pulp, mixed with syrup; and add a small wine glassful of the cordial after the straining, and before freezing entirely. It has a peachy flavor.

Nutmeg Water Ice. Warm a little of the syrup (as before, one pound of sugar in one quart of water), and infuse a pinch or two of elderberry flowers, according to strength. To this infusion add the rest of the syrup, flavored with the juice of a lemon, tasting carefully, before using all in the freezer. Cool, put in the freezer, and freeze.

Orange Water Ice. Flavor the syrup (of one and one-half pounds of sugar to one quart of water), with half an orange. Squeeze in the juice of the other portion of the orange and that of two lemons, strain, cool on ice, and put in the freezer to be frozen. Grated orange peel may be added to the syrup before straining.

Blood-Orange Water Ice. Same as "Orange Water Ice," with a tinge of red, produced by Carmine. Properly, the orange so named should be used.

"Parfait Amour" ("Perfect Love!") Water Ice. The same as "Citron Water Ice," which see, tinted with pink or red.

Peach Water Ice. A pint of the pulp is sieved and worked into the syrup (of one to one and a half pounds of sugar

to one quart of water), which is again strained for the freezer. A dash of lemon juice improves (one lemon to a pint of pulp). If a pink tint is wanted, use Carmine.

Pêches-Muscades Water Ice. The same as "Peach Water Ice," with a little elderberry juice to give the peculiar flavor, nominally "nutmeg."

Pine-apple Water Ice. Carefully core and pare the pine-apples to make a pint of juice. Pound up, strain, and place in a syrup made of one pound of sugar to one quart of water. Add lemon and orange juice, one part to two, to make nearly a gill (one lemon to two oranges), and let the whole stand a little while before straining through a sieve. Put into the freezer and freeze.

Plum Water Ice. Mash and bruise a pound of stoned plums, and smother in a pound of sugar. Take ten of the kernels, bruise them and put them in a bag, which put in the mixture to flavor it. After twenty minutes pour the water on to dissolve the sugar and wash the flavor farther out of the kernels. Take the latter out and freeze the composition.

Raspberry Water Ice. Mash enough ripe, high-colored berries to make three pints of juice, which strain upon a pound of sugar. Squeeze in a lemon's juice, and put in the freezer to freeze it. Enhance the flavor with Raspberry Extract, and then tint with the red "Coloring," which see.

Rum Water Ice. To a pound of powdered sugar, three wineglasses of Jamaica, or other fine rum. Syrup may be used for the sugar. Cut off the peel of three lemons carefully, so that its taste will not get in, and squeeze them, straining the juice. Having frozen the syrup and lemon juice, mixed, in the freezer, into firmness, replenish the salted ice melted away; open the freezer and then insert the rum. If not very strong, add another glass, or half as much, but bear in mind that too much spirit will prevent firm freezing.

Strawberry Water Ice. Mash Strawberries to make a pint of juice through a sieve, and mix with a syrup (one to one and a half pounds of sugar and a quart of water), until the sugar, if used, is dissolved. Flavor the juice of half a lemon with orange juice, or orange-flower water, and add it to the other. Color with Carmine, strain and freeze.

Wine Water Ice. Strawberry pulp is run through the sieve; or the juice, one pint, is taken and added to a pint of the syrup. Two or three small wineglasses of fine wine are selected and mixed in, and the freezing is then done. Tint with red "Coloring," which see.





PART FOUR.

ICED PUDDINGS, ETC.

Nesselrode Iced Pudding. This is called Nesselrode (corruptedly, *La Nécerolle*), after the Russian epicure, in whose honor it was named. Boil in water enough Italian chestnuts to have two ounces of pulp, after pressing through a sieve. Add the same quantity, by weight, of powdered sugar, or strong syrup, and work them well together with a paddle. Have ready frozen some Orange-flower Ice-Cream (which see), or "Vanilla Ice-Cream" (which see), and mix the pulp and sugar with it. In the pulp may have been mixed fruit, such as raisins, currants, citron, and other preserved fruits. Or the fruit may be prepared infused, as in the *Macédoine*, which see. This pudding is molded as a set piece, decorated, and dressed with whipped cream. Often spices are used, as cloves, cinnamon, nutmeg, etc.; or wines, spirits, liqueurs. As a garnish use *marrons glacés*, crystalized or candied chestnuts. Roasted chestnuts are boiled in hot sugar syrup, and used to stud the pudding, or stud its bottom edges.

Iced Cabinet Pudding. Have two or three kinds of dry, crisp cakes, of the macaroon, or French *biscuit* sort; pudding fruits, as sultanas, raisins, currants, imperials, citron, peel,

etc. ; and the materials for ice-cream. Take a large pudding-mold, and build up half-way with alternating layers of cakes and fruit. Having well mixed up six or eight eggs, add them to one quart of milk and half as much cream, and warm so as to dissolve half an ounce of gelatine (Nelson's, Clarke's, etc.—the best), and boil the whole. Stir in any flavor desired, and strain all into the partly filled mold. Cover, and stand to cool, buried in salted ice, or put in the "cave" for four hours. It will freeze in less time in the freezing pail. Finish with sauce, or whipped cream, and serve with the same.

Frozen Rice.

Cream,	1 gill ;
Rice, or tapioca,	½ lb. ;
Sugar,	1 oz. ;
Vanilla bean,	1 inch ;
Lemon peel grated,	1 pinch ;
Milk,	1 pint.

Boil the rice thoroughly and slowly in the milk, flavor, and when done, take off the fire ; remove the pieces of flavoring, and allow to cool. Put in a dish for the table, smother with the cream whipped stiff, and set on ice to freeze.

Frozen Jellies. Gelatine jellies already flavored are now to be had in the stores. In our summers they will hardly set in cold water only, and the freezer or, at least, a box to hold them, and be immersed in ice and salt, will be found necessary. If you have to make the jelly, do so with gelatine and water, one ounce to one pint, the latter hot to dissolve it ; if no gelatine, use calf's foot jelly. Then add three pints of cold

water, stirring till all is dissolved. Flavor with the juice of fruit in sugar, and color with the "Colorings" described to taste. Pour into molds or glasses and place in the ice.

Frozen Strawberry Jelly.

Strawberries.	1 qt.;
Gelatine,	$\frac{1}{2}$ packet;
Sugar,	$\frac{1}{2}$ lb.
One Lemon.	

Cover the fruit with the sugar in a bowl, and cover the bowl with plain glass to stand in the sun for two hours. The gelatine should be thoroughly soaked for about the same time; strain the berries, which should yield one and one-half pints of juice. Put on the fire, bring to the boiling point and stir in the gelatine with the lemon juice; strain well. Have two molds ready of the same shape, but one to hold but one quart to the other's two. Fill the former with crushed ice. Into the bottom of the two-quart mold pour jelly to cover it half an inch. Set this mold in the ice to freeze this hard; then, upon this layer set the ice-filled mold evenly as regards the centre of each, and pour in jelly to fill the space between the molds. Place both in the ice-box or freezer. When the freezing is complete, extract the ice from the inner mold and fill it with warm water to detach it. The hollow thus left is to be filled with fresh picked strawberries, very ripe and sweet, cemented in place by the rest of the jelly. Freeze the latter and turn out into a low glass dish. Finish with a pink whipped cream edging.

Fromages Glacés. "Iced-Cream-Cheeses," being ice-cream, molded into various shapes like fancy puddings, in metal molds with hinged covers. The small molds are held in one hand, while the other fills them, knocking the mold on the table, in order that the composition shall settle without any air-holes which would show. The better to prevent this defect, the molds are over-filled, so as to squeeze firm when the lid is closed. The seam should be sealed with a buttered cloth. The ice can be a little more strongly salted than for ordinary ice-cream, but still the *fromage* need not be too hard. They take about two hours to freeze sufficiently; but try to time them so they will be done in time for serving. Cover with cloth when buried in the ice, to prevent the heat striking through the cover.

Colored "Fromages." Coloring is used for effect, and is obtained by the varying hues of the ice-cream, any fancy in mixtures being allowed. Do not use warm water to free the mold, as it is apt to make the composition run, but cold water to receive the mold when lifted out of the ice. If the cream sticks after a gentle tap or two, run a knife into it slantingly, and thus get a hold to dislodge it, while using the thumb to start it in movement. When turned out, take out the knife, and serve the *fromage* on a folded napkin.

Fruit Imitated in Ice-Cream. The imitation is rather conventional, as the shapes used are the confectioner's and tinsmith's ideas of a bunch of grapes, a pear, an

apple, etc. The molds are in hinged halves, tin or pewter. Hold in one hand, while filling with the spoon or paddle in the other. Tightly close, and bury the molds in salted ice to freeze firm. A quart of the composition should fill a dozen molds. When a quantity is to be made, several cooks are better than one, as each attends to one portion of the process—filling, closing, putting in the freezing mixture, etc.

Macedoines. Called by the Italians "*Tutti Frutti*"; all kinds of fruit. Formerly and correctly, only fruit was used with an ice-cream or water ice, in which the pieces were set; but recently, full freedom is given to mixtures of ices and ice-creams, varying in color as well as in flavor. The fruit is often soaked in wines, and other alcoholic liquors. Besides candied fruits, candied peels, Angelica, ginger, mauve (Marshmallow), etc., are introduced. As an innovation, our own nuts may be employed, as a change from the everlasting almond.

Fruit Macédoine. This differs from a *Châteaubriand*, in having a water ice for foundation, and no cream. Cut up some fruit, pears, apricots, plums, etc., and candy them in syrup, if not already crystalized. Commonly no distinction is made between candying (*glace*) and crystalizing (*icing*) fruits, but there is a difference. In the former, fruit soaked in sweet syrup is dipped in a very thick sugar syrup and left to dry rapidly and harden in the open air; it is thus coated with a transparent deposit. The same syrup is used for icing, or crystalizing, but the fruit is cooled and dried slowly in a warm chamber at 90° Fahr.

Soak in a mixture of Maraschino and Kirschwasser (two kinds of cherry water, which flavor may be imitated without this process, if preferred). Highly acidulate a little of the syrup with lemon juice, which is to be added only just before the final freezing, when, too, the fruit is intermixed with the water ice. It is served in a jelly-dish as a set piece or on a napkin.

Another Macédoine. Take a jelly-mold, and decorate the inside with whole, small candied fruits, or portions of the large kinds. Fill up with lemon ice-cream (or lemon water ice, in contrast, by its acidity, to the sweetness of the fruit), and bury the mold in salted ice. On the point of serving, stud and emboss the surface with fruit that has not been frozen, but may have been treated to immersion in some of the liqueurs. This will be in contrast to the other fruit in the ice-cream.

Tutti Frutti. Cut up into small pieces half a dozen kinds of crystalized fruits, and one portion of nuts, to make a pound together. Strew this upon a layer of one quart of water-ice in the bottom of a mold; pack over with the same water ice, or another kind; smooth; close and leave in the salted ice to become very hard. Turn out and serve.

Fruit Medley Macédoine (Variante). The same as the second Macédoine above, except that the juice of three lemons is squeezed into the syrup and frozen; the almonds, or pistachio nuts are quartered, and all are mingled in the cream or ices.

Frozen fruit. Choose ripe fruit, and firm, so as to be shapely and pleasing when in quarters, or cut into dice. Pare and so cut up. Mix with syrup of sugar and water; with flavoring desired. Equal weights of sugar and fruit, to water; one quart to two pounds of the other two. When the syrup has well saturated the fruit, or the sugar is thoroughly dissolved, put into the freezer and freeze.

Frozen Apricots in Custard.

Apricots (or similar canned Fruit),	1 qt. can (tin) ;
Sugar,	1 lb. ;
Water,	1 qt. ;
Milk and three eggs for a custard.	

Cut the fruit into dice, mix in the syrup of the sugar and water, and freeze; when nearly frozen, pour the cold, thin custard over it.

Châteaubriand. Cut up some fruit (fresh, preserved, or crystalized), and infuse in it cordials if so wished. Make a plain ice-cream (see "White Ice-Cream"), with vanilla,—almond paste, or Orgeat as flavoring, put in when cold to give an almond flavor. Freeze this hard and firm. When about to serve, work in half its quantity of sweetened whipped cream; drain the cut fruit, and strew in, mixing lightly. The cream may be in a mold, set in ice for this studding process. Mount in a piece on a confectioner's shape, ice, decorate, etc. Ten or twelve ounces of nuts and various fruits will ornament one quart of ice-cream.

Iced Soufflés. All the water ices will suit Iced Soufflé making, using the fruit juice equally, by measure, to the ice-cream. As the fruit is more or less sweet, the proportion of sugar in the cream is altered.

1.—CHÂTEAUBRIAND SOUFFLÉ.—This is an ornamental iced dish, in which fruit in portions, halves or quarters, slices or dice, chosen for color effect, is inserted, or applied to the ices or ice-creams just before freezing.

2.—ICE-CREAM SOUFFLÉ.—This is, practically, frozen *blanc-mange*. Mix one quart of fruit syrup, two pounds of sugar, and seven yolks of eggs into a harmonious syrup; then cool. Add an ounce of melted gelatine, and freeze. Whip a quart of cream, and beat it into the frozen composition. When firm, fill some ice-pudding molds, and put into the cave (*étuve*) for two hours. A cave or *étuve* (stove) is the utensil used in making *biscuits glacés*, which see further on. If frozen very hard, they would become the *pezzo duro*, of the Italian confectioners. Serve with sauce, or cream.

Iced Kisses (Meringues Glacés).

In a cooled bowl whisk white of egg until firm and smooth. Gradually sift in and beat in some fine powdered sugar, until uniform and fit for molding into shapes, which are to hold ices or ice-creams. Having molded the composition into the desired shapes, put them into a brisk oven to be baked to a buff tint, and firm enough for light handling. Remove the soft inside, and replacing in the

oven, bake till dry. They are now "kisses" or ice-cakes. But on their being filled with ice-cream or water ice, or both mixed, or a mixture of either sort in its variety of flavor and color, you have *Meringues Glacés*. They were brought out in honor of Napoleon's victory at Mar-engo.

Meringue Panachée (Variegated).

When the filling is varied and mottled, or striped (*zébré*).

Hot Kisses. See among "Biscuits Glacés."

Biscuits Glacés. These are a kind of egg-sherbet, made of eggs and sugar, with or without whipped cream, and variously flavored. They are frozen, but not in the ice-cream freezer. A special freezing-case is used, called the *étuve* (stove) by the French, and by us, the "cave." At once it freezes the whole quantity for the table, but the portions are held in separate paper cases of various shapes. The cave or freezing box is an oblong, rectangular case, to take in three rows, overlying, of the *biscuits*, and is supplied with a deep cover, having a border-ledge for the enclosure of ice, to facilitate the congelation. They hold from two to five dozen, the first size suiting a family. Another shape is round with shelves inside, and in this the inner layers are as soon frozen as the top and bottom ones. To keep the *biscuits* apart above and below, movable shelves (metal plates), slide on a ledge or stand on corner feet. This furthers the freezing. Some fill the cave by pouring the composition into paper cases, like muffin rings in size and nat-

ure, laid on the shelves in the cave, which is in the ice-box. A better way is to take out the shelves, and on each arrange the filled paper cases in order, with a strip of metal between each. On replacing the shelves, the lowest is put in first and the composition leveled off to prevent touching the shelf above. Some of the shelves have metal compartments on their top surface, in which case they are filled direct, and the frozen "bricks" turned out by dipping them in cold water and reversing them. The ice-box contains ice and a little more salt than for ice-cream making. Keep it properly drained of the water, and full of the freezing mixture. When the cave is filled and covered, the ice is spread over its cover too. The freezing takes two hours.

Glazing the Biscuits. The *biscuits* have to be "glazed." The *Biscuit Glaze* is composed of white of one or two eggs, whipped to a froth, to twenty-five *biscuits*, and added to a little sugar or syrup. This is *White Glaze*. To make *Red Glaze* use a little fruit-flavored ice-cream or "Coloring," which see. To glaze, uncover the cave, take out the upper plate or shelf, run a small knife between the *biscuits* to separate them, removing the parting pieces or tongues of metal, and one after another dip each *biscuit* in the glaze without squeezing them out of shape; smoothly level the glaze all around top and sides with the knife, while lightly holding them, and replace in the plate. Return into the cave and cover with ice, to be ready for serving. When frozen in separate tin cases, these are immersed in cold water, and the *biscuits* turned out and inverted on the marble slab, where they are dusted with confectioners' red sugar, and put in

paper envelopes to go to table, after having been frozen for the finish in the cave. Smooth, *sized*, paper or thin glazed card-board is used, about an inch deep. Lace-paper frills are supplied with each to set off the cases.

French Filling. Make a syrup of a pound of sugar to a gill of water over the fire, and let it cool. Mix in the yolks of six eggs and boil till it thickens. Strain into a dish, set in ice, and beat until it becomes cold.

A = La = Reine Biscuits Glacés.
 ("Queen" Biscuits Glacés; the Italian "*Sorbetti alla Regina*.")

Almond Biscuits Glacés. In the syrup before mentioned, mix a paste of almonds and the eggs, and beat, proceeding as last directed.

Cream,	1 qt. ;
Sugar,	$\frac{3}{4}$ lb. ;
Yelks of eggs,	6 ;
White of egg,	1 ;
Grated lemon peel, a pinch ;	pounded French biscuits, 2 oz.

Cook the cream as usual, and when done, put in the dried powdered biscuits (much the same as our "lady fingers"). Whip the yolks to a froth in a china bowl, set in ice. Add all but a little of the sugar, and beat up until the mass ceases to swell. Froth up the white firmly, sprinkling the rest of the sugar gradually into it, until firm and smooth. Some wait till all is strained into the

freezer before adding the powdered biscuit. Cool and freeze. Serve in the paper cases.

Bisque. This takes its distinguishing name from the flavor put into it. Cream and sugar, one quart to one half pound, mixed, cooked, and cooled before being put in the freezer. Two ounces in all, of dried sponge cake, macaroons and kisses (ice-cakes, or *méringues*), are powdered and rubbed through a sieve, before being stirred into the frozen ice-cream. Color and flavor.

Boston Brown Bread "Biscuits Glacés." Make an ice-cream composition of one quart of cream and three-quarters of a pound of sugar, to five or six eggs, or one white to five yolks, and cook and freeze as usual. Pound two ounces of the genuine Boston Brown Bread, dried, into dust, which sift, and beat into the ice-cream. If to be in Philadelphia style, omit the eggs.

Fruit (Preserved) Biscuits Glacés.
(French; *Biscuits Glacés Variantes aux Confitures*).
Instead of the pistachios in "Pistachio Biscuits Glacés," use "iced" (candied) fruits, one-fourth pound.

German Biscuits Glacés. Cook six to eight yolks of eggs in a pound of sugar; strain into a bowl; set on ice; and stir in melted gelatine. Whip up a quart of cream, and stir it in. Cool; fill the cases; place in the

cave, and freeze. Dress with a fruit cream or water ice, and glaze.

“Hot Kisses.” (*Meringues au Four*—“Kisses from the oven.”) Said to be a Japanese or Chinese invention. Any dexterous cook can manage it. Make a stiff, white froth, with six to eight whites of eggs, in a pound of powdered sugar, a “Meringue paste.” Mold this into “shells,” as the shapes are called, and fill these with ice-cream, and place on a wetted board, or tin plate, in a very hot oven. In fifteen seconds the crusts should cook a pale brown, without the ices having melted. Even an ordinary oven might be successful; or try a hot salamander, or shovel.

Macaroon Biscuits Glacés.

Cream,	1 qt.;
Sugar,	1 lb.;
Yelks of eggs,	8 ;
Whites of eggs,	2 ;
Macaroons,	½ lb.

Make as for ice-cream the mixture of cream, eggs and sugar, and cook. Freeze as usual, and at the finish add the cake, powdered, and any flavoring. After the same manner make

Bitter Macaroon Biscuits Glacés.

Same weight of macaroons as before. Flavor with bitter almonds.

Maraschino Biscuits Glacés. Follow the directions for "Vanilla Biscuits Glacés," flavoring with Maraschino.

Noyaux Biscuits Glacés. Same as "Vanilla Biscuits Glacés," with Noyaux flavoring.

Orange flower Biscuits Glacés. Made in the same manner as "Vanilla Biscuits Glacés," with the change in the flavor indicated by the name. A wineglassful of the Orange-flower cordial will not be too much.

Pistachio Biscuits Glacés. (*Variante au Pistache.*) Proceed as for the "Vanilla Biscuits Glacés," and mincing the blanched nuts very finely and lightly, add them to the composition.

Royal (Noyaux) Biscuits Glacés.

Whites of eggs,	5 ;
Sugar,	1 lb. ;
Whipped cream,	1 qt. ;
Maraschino,	2 wineglasses.

Into a pan, with a little water to dissolve it, put the sugar, and bring it to the boiling point. Meanwhile, whip the whites to a froth. If the sugar is already boiling, take it off, and cover with a damp cloth, or sprinkle a little

sugar on it, to prevent a crust forming, which would crystalize in your composition. The froth being stiff, pour it into the syrup gradually, stirring with a paddle until all is in, and it is cool. This may be quickened by setting the vessel in ice. Sweeten two quarts of whipped cream with two pounds of sugar, stirring it to keep it from falling to the bottom. Add this to the other, and to them the Maraschino.

Vanilla Biscuits Glacés. Material for twenty - five

Biscuits :

Yelks of eggs,	4 to 5,
Syrup,	1 qt. ;
Whipped cream,	$\frac{3}{4}$ qt. ;
Powdered Vanilla, to flavor.	

Instead of syrup, it can be made with sugar and water. Dilute the yelks with the syrup, in a pan, put over a low fire, or in a farina boiler (better). Keep stirring until the mixture coats the paddle (as in cooking the cream for ice-cream). Take off the fire, pour through the sieve into a porous *unglazed* pan, kept expressly for this purpose. Set this in the ice. Whip the composition with a white-wood whisk, until thoroughly frothed and firm. Sweeten the whipped cream, and put in the vanilla. Mix it lightly, and pour the composition into the cases, to be put into the cave.



PART FIVE.

ICED BEVERAGES.

Ice Water in Decanters (*Carafe Frappé*). *Frapper* (French) is to freeze, and *carafe* is a decanter, in which water is sent to table in Europe, frozen within, instead of ice being inserted. The American double ice-pitcher is not known abroad. The ice is prepared in a pail, with less salt than for ice-cream making, and the decanters are buried only to two-thirds. The ice then forms at the bottom first, and the displaced water rises ; otherwise the glass is apt to break. Wine in bottles is similarly *frappé* or chilled. Uncork and leave in the ice for ten minutes.

Absinthe.

Absinthe,	$\frac{1}{2}$ wineglassful ;
Gomme (Gum Arabic Syrup),	1 tablespoonful ;
Water,	1 wineglassful.

Shake up the ingredients in a large glass with some crushed or shaved ice.

Iced Barbarade. Mix equal parts of coffee and milk and chocolate, and freeze in the freezer to the consistency liked.

Iced Bavaroises. Bavaroises are a warm or cold beverage for any time, made of a tea-like infusion, sweetened always with capillary-syrup (originally maiden-hair fern),—commonly known as orange-flower flavor. A.—*Almond*: sweeten milk, with or without tea, according to taste, with Orgeat syrup, and freeze. B.—*Chocolate*: Make a thin cup of chocolate with milk or cream and freeze. C.—*Greek style*: Squeeze out of fully ripe strawberries, the juice, of which add one part to two of lemon juice and water to make a drink of it; sweeten with sugar or fancy syrup, cool and serve. D.—*Orgeat (Barley water)*: Prepare Orgeat with boiling water, or pour upon one part of fresh Orgeat in a decanter six parts of water and cool in the ice-pail. E.—*Orgeat and Milk*: To the Orgeat last directed add the same quantity of milk.

Bishop. See “Cold Punch.”

Iced Claret Cup. The model for “cups.” Use a bowl; for three persons mix

Claret (or any other wine preferred),	1 pint ;
Brandy,	1 gill ;
Curaçoa,	1 gill ;
Juice of lemons,	2 ;
Syrup (flavored),	½ wineglass ;
Water,	1 gill ;

Sugar to taste.

The syrup has a fruit or other flavor, and a slice or two of lemon, orange or lime is floated in the bowl. Freeze a little, or put a block of clear ice in the bowl.

“Club” Claret Cup.

Sugar,	3 tablespoonfuls ;
Claret,	1 quart ;
Lemons (juice of),	2 ;
Club soda,	1 bottle ;
Red Curaçoa	1 sherry glassful ;
Cucumber slices,	several.

Half fill a pitcher with fine broken ice ; stir in all the above ingredients except the claret, which is to be poured in last. Stir again and garnish each glass with mint and strawberries, or other decorative fruit.

Iced Cobbler.

Whiskey (or Sherry),	2 wineglassfuls ;
Sugar,	2 tablespoonfuls ;
Syrup (flavored),	a little ;
Water,	1 wineglassful.

Make a syrup of the sugar in the water ; stir that with the fruit syrup (currant, raspberry, etc.), and add the spirits. Fill up with ice and shake well ; or freeze a little after stirring. This is imbibed with straws like juleps. Claret, the home wines ; or champagne can be used.

Iced Brandy Cocktail. Pour into a tumbler containing fresh mint and a squeeze of lemon peel, some brandy and crushed ice, and shake well.

Coffee (Frozen). Called in French “*Café Mousseux*,” (*i. e.*, frothed, or foaming coffee), or “*Café Frappé a la Glace*” (iced, or chilled

coffee). Sweeten coffee with syrup (one-half pound sugar to one quart water), and one white of egg, mixed. Put into the freezer, and freeze. Froth up for ten minutes and serve.

Cold Punch (Bishop).

White wine,	1 qt.;
Sugar,	$\frac{3}{8}$ lb.;
Kirschwasser,	1 wineglassful;
1 Lemon cut in slices.	

Mix all together and *frappé* (chill) or more thoroughly freeze. The white wine may be Chablis or Champagne; or a red wine, as Bordeaux, may be used and Cognac may be substituted for Kirschwasser; in this case dash with a little Maraschino before freezing.

Cremolata, or Créponnet. A *frappé* or half-congeal-

ed beverage, to which fruity or floral flavor, and perfume are given. The packing for the freezer is less salty than for ice-cream making. Take the lemonade, orangeade, or whatever the liquor is, and put it into the freezer; and as with one hand you turn the freezer, with the other holding the paddle you detach the freezing formations, until you have the mass partly frozen, like snow and water. All the fruit syrup flavors are used in this way.

Créponnet (see "Cremolata," above).

Iced Crusta.

Brandy,	$\frac{1}{2}$ wineglassful;
Sugar,	1 teaspoonful;
Lemon,	$\frac{1}{2}$.

Slice the peeled half lemon very thinly, smother each piece in powdered sugar and cover the bottom of a champagne glass with them, put in some cracked ice; pour on gently the brandy, whiskey, gin, etc. (as the case may be), flavor with lemon juice and orange bitters. Stir. Freeze till there are little congealed patches on the sides of the glass, and serve.

Frozen Egg Nog.

Eggs,	6;
Brandy,	1 qt.;
Sugar,	1 lb.;
Rum,	$\frac{1}{2}$ pint;
Milk,	$\frac{3}{4}$ gallon.

Beat the eggs and sugar thoroughly, and place with the other ingredients in large punch bowl to be well mixed. Freeze in the ice-box, ornament with red and white sugar, sprinkle with nutmeg and serve.

Iced Fixes.

Spirits (brandy, whiskey, etc.),	1 wineglassful;
Sugar,	1 tablespoonful;
Syrup (flavored),	
Juice of one lemon,	

In a large glass stir the ingredients mentioned, after filling nearly full with ice. Deck with a strawberry or

two, slices of fruit, etc. This is drunk through straws like a julep.

Iced Fizz. Properly speaking "Fizz" is champagne, but the name is applied to effervescing drinks.

Whiskey,	1 wineglassful ;
Sugar,	1 tablespoonful ;
Juice,	½ lemon ;
Seltzerwater,	1 bottle.

Mix the sugar, lemon juice and spirits in a large glass, add some crushed ice ; fill up with seltzerwater ; strain quickly and serve.

Iced Flip.

Brandy,	2 wineglassfuls ;
Egg,	1 ;
Sugar,	1 tablespoonful ;
Syrup (flavored),	1 tablespoonful.

In a large glass put the above, and fill up with cracked ice ; shake well and strain before serving. The flavor is a fruit or vanilla, and grated nutmeg may be the finish.

Iced Julep.

Brandy,	1 ½ wineglassfuls ;
Sugar,	1 tablespoonful ;
Rum,	a little ;
Water,	1 wineglassful ;
Ice, crushed,	1 wineglassful.

This is a model for all juleps. Into a large glass put

the water and sugar and squeeze a sprig of fresh mint in them, taking it out when the flavor is imparted. Pour in the brandy and ice, which shake well. Put in a slice of orange or pine-apple, or both, with the mint, to look pretty, a spoonful of rum, sprinkle with sugar and send to table. Juleps are imbibed through straws. Instead of the crushed ice, you can partly freeze them like other frozen beverages.

Iced Lemonade. Rub ripe lemons with a handful of granulated sugar or lump sugar to extract the essential aromatic oil in the rind, slice and throw the fruit into cold water, varying in quantity as you want a clear drink or a syruple like one; sweeten to taste. Some cut the fruit in half and squeeze out the juice; others slice very fine and soak the pieces in water. Again, the peeled fruit may be boiled, by which means the juice is most thoroughly extracted. If the fruit is sliced with the peel on, a marked bitterness is given, which is not to everybody's taste. It is more agreeable flavored with the sugar rubbed on the rind. Three lemons should suffice for a quart of water, and the juice of a couple of ripe oranges is thought an improvement; sweeten to taste. Some use cooled boiled water in which the fruit and sugar are put, or pour on the boiling water; or, again, without any material difference, the boiling water is poured on the juice of the oranges and lemons. For a quickly made glass, put powdered sugar in a tumbler; squeeze half a lemon's juice upon it; incorporate them; fill nearly full with water; add some shavings of ice; clap on the metal "shaker" used by bartenders, or another tumbler a little larger in the mouth, so as to enclose its orifice, and shake violently. This may be dashed

with sherry or other wine, or cordials. Nearly always lemonade is improved with a little lemon essence.

Iced (Citric) Lemonade.

Citric acid in powder,	3 dwt. ;
Sugar, powdered,	1 oz. ;
Lemon essence,	3 dwt. ;
Iced water,	1 qt.

The acid and sugar intermixed will keep in well-stoppered bottles. Salts of sorrel can be used for the acid as above, or for the same amount of sugar, oxalic acid thirty grains. To moderate the acid, gum arabic syrup can be used with the water, or its powder put with the acid and sugar dry. The "gomme" sold by foreign liquor merchants is this gum arabic syrup.

Iced Milk Lemonade.

Sugar.	1 lb. ;
Juice of lemon,	1 gill ;
Milk,	1 pint ;
Water,	$\frac{3}{4}$ quart.

Boil the water and dissolve the sugar in it ; flavor with the lemon juice ; add the milk and chill in the ice box.

Iced (Syrup) Lemonade.

Syrup of lemon (lime juice sweetened),	1 oz. ;
Iced water,	$\frac{1}{2}$ pint.

This is not so agreeable as real lemon juice.

Iced (Tartaric) Lemonade. This is called "sherbet"

in England, the compound of tartaric acid and sugar being sold mixed for use. This must be kept dry or it will not effervesce.

Tartaric acid (cream of tartar) in powder,	1 oz. ;
Sugar, powdered,	2½ lb. ;
Lemon essence.	1 oz.

Iced water, as much as is wanted.

Mix the acid and sugar, both very dry, and put two teaspoonfuls in a tumbler. Flavor the water with lemon extract and nearly fill the tumbler ; the acid will effervesce, and the beverage must be drunk instantly. If allowed to get "still," it is very flat and mawkish.

Iced Lemon "Squash."

In a tumbler, with or without sugar as you like acidity, mash half a peeled lemon ; on this pour a bottle of iced seltzer or bottled-lemonade.

Iced Cream Nectar.

Sugar, powdered or granulated,	2 lbs. ;
Tartaric acid,	2½ oz. ;
Whites of eggs,	2 ;
Water,	2 qts.

Boil the water and dissolve the sugar and acid in it. Beat up the whites of eggs and put into a bottle, in which shake it up with a little of the warm syrup ; add this to the hot syrup in the pan and boil for several minutes, skimming all the time till clear. Flavor with vanilla, lemon, etc. For use, put half a teaspoonful of bicarbonate

of soda in a tumbler, pour on it two or three tablespoonfuls of the syrup, fill up with a little crushed ice and cold water, or half-freeze in the ice box.

Orangeade or Orange Water. Peel a ripe orange and slice it thinly into a vessel with water to make a beverage with the following addition: Squeeze out the juice of two more oranges and one lemon and beat these up together; strain, and mix the two liquids by tossing them from one tumbler to another. If the water be chilled or shaved ice be put in the tumblers for the shaking up, it will be a most agreeable summer drink.

Frozen Rhine Wine. In a large glass put Rhine wine to half fill it, and ice with which to chill it; fill up with seltzer water or siphon lemonade. Or freeze in the ice box before adding the cooled seltzer from the ice box.

Roman Punch. *Simple:* To lemon ice-cream, add a froth of two whites of eggs, slightly sweetened. Pour in and mix in three wine glasses of rum.

Another: To one-half pint of rum and as much, or twice as much, champagne, add a froth of ice-cream, or water ice (with no color that would show). Sweeten the cream with powdered sugar, or with syrup, boiled to the *boule* (or balling point), one pound in one pint of water, beating slowly until cold. Before serving, some beat in the champagne. Pour all into glasses, cooled to prevent their breaking. If pine-apple rum be used, sharpen with lemon water ice.

Iced Rum Punch. In three parts of good old rum, mix one part of lemon juice, flavored with lemon peel soaked in it for awhile. On the mixture pour nine parts of good tea, and sweeten to taste. Put it in an ice-cream freezer and freeze to the degree desired. The other kinds, with East Indian arrack, red wines or champagne, are made in the same way.

Iced Sangaree.

Sugar,	1 teaspoonful.
Water,	$\frac{1}{2}$ wineglassful.
Brandy,	$\frac{1}{2}$ wineglass.

Ice in a piece.

According to the flavor desired, use a French syrup or fruit; color with carmine to a blood tint, except the gin, or pale wine sangaree. Mix the ingredients with a piece of ice in them.

Sherbet. Properly speaking, "sherbet" is a cooled drink, more or less effervescent, or at least sparkling. The Turks and Greeks use snow instead of ice. The Italians, however, term all ices and ice-creams "*sorbetti*" sherbets. The English give the name to the simple, effervescent tartaric acid in sugar, mixed with chilled water; and also, playfully, to all liquors. The sherbet of Italian and Parisian confectioners (*sorbet*), is a "soft" water ice, rich with sugar.

A.—FOUR FRUITS SHERBET. In strawberry, currant, or raspberry ice-cream, put a little *Ratafia aux quatre fruits*.

B.—ITALIAN SHERBET. Take a quart of peach, apple, apricot, etc., pulp, and mix it with one to one and a half pounds of sugar, and a pint of orange juice, flavored with lemon juice. Strain the mixture; put into the freezer, cool and freeze. Color pink or rose, with "Red Coloring," which see.

C.—MARASCHINO SHERBET. Using the paddle, mix Maraschino in a dish with an ice-cream, Plain, Vanilla, or "White," which see.

D.—NOYAUX SHERBET. (Same as "Maraschino.")

E.—RUM SHERBET. In the same way as above, blend a lemon ice-cream with rum.

Iced Smashes.

Sugar,	1 teaspoonful;
Water,	1 teaspoonful;
Brandy,	1 wineglass;
Ice crushed.	

In a large glass mix the water and sugar and press some mint to give a flavor. Pour in the brandy (whiskey, rum, or other spirits, as desired), add the ice, shake thoroughly, strain, but decorate with the mint and a slice of lemon or pine-apple. May be frozen a little in the ice box.

Iced Sours. The foundation is half a lemon's juice in half a wineglassful of water, a little sugar, for it must be tart, not sweet, and the spirits

chosen, as Gin, Rum, Brandy, etc. Fill up the glass with cracked ice ; strain after stirring.

Ice-Making and Ice-Keeping. As there are occasions when ice is wanted, at any cost, for the sake of health or luxury, various machines for making it have been constructed ; but for the most part they are for production on a large scale, and beyond the needs and means of the family. But as the crude chemicals used for freezing mixtures, refrigerants or “frigorifics,” can usually be obtained at a reasonable cost, wherever there is a druggist, the recipes for a number of these substitutes for ice are here given. The apparatus they require is simple, and usually in the house already.

Freezing Mixtures. Great care must be exercised in the handling of these compounds, into which acids and caustics enter, and which sometimes send out fumes hurtful to breathe. When, however, the noxious hydrochloric acid is in union with sulphate of soda, the odor is “killed” by it. At the same time with care and a reasonable amount of intelligence—fortunately abounding in the American housewife—the great good derived amply compensates for any slight trouble. The production of cold in this way is easily explained : solid bodies cannot pass into a liquid form, without absorbing heat from the substances with which they come into contact. The names in chemistry are given, but they need not alarm any lay reader, as they are simple salts and common acids ; but these names are used by druggists, and are generally understood by the workmen handling them.

Recipes (All parts by weight).

A.—Six parts of sulphate of soda (Glauber's salts), 4 hydrochlorate of ammonia, 2 hydrochlorate of potash, and 4 of nitric acid. This will lower the temperature more than 30 degrees.

B.—Five parts hydrochlorate of ammonia, 5 nitrate of potash, and 10 of water, making about the temperature of the common ice-cream freezing mixtures of salt and ice.

C.—Five parts hydrochlorate of ammonia, 5 nitrate of potash, 8 sulphate of soda, and 16 water.

D.—Nitrate of ammonia and water, equal parts.

E.—Sulphate of soda (Glauber's salts) and diluted nitric acid, 3 to 2 parts.

F.—Six parts sulphate of soda, 4 hydrochlorate of ammonia, 2 nitrate of potash, and 4 diluted nitric acid.

G.—Six parts sulphate of soda, 5 nitrate of ammonia, 4 diluted nitric acid.

H.—Nine parts phosphate of soda, and 4 diluted nitric acid.

I.—Nine parts phosphate of soda, 6 nitrate of ammonia, 4 diluted nitric acid.

K.—Eight parts sulphate of soda, and 5 hydrochloric acid.

L.—Five parts sulphate of soda, and 4 diluted sulphuric acid.

M.—Five phosphate of soda, 3 nitrate of ammonia, 4 diluted nitric acid.

N.—Fifty-seven parts hydrochlorate of potash, 33 of ammonia, 10 of soda, making 100 parts. Shake briskly in 4 parts of water, and the temperature will drop from 20 degrees above zero, to 5 below. A saline mixture in the same proportions will produce the same effect.

Ice with Chemicals, for Excessive Cold.

Besides obtaining a coldness valuable for the confectioner and family, with plain chemical compounds, as shown, these again may be mixed with snow, or pounded ice, to increase their natural coldness. The salts that liquefy, and various acids are used as follows; and the list is arranged to show the amount of cold attained, the least powerful refrigerants being first given, and that producing the maximum amount of cold at the last.

A.—Snow, or pounded ice, and diluted sulphuric acid, 4 to 5 parts. This lowers the temperature nearly ten degrees.

B.—The same, in the proportion of 3 to 2 parts, a little colder.

C.—The ordinary ice-cream freezing mixture, equal parts of common salt (hydrochlorate of sodium) and snow, or ice. Some put a quart of salt to the ice to fill the outer vessel of a five or six quart freezer.

D.—Snow, and diluted nitric acid, equal parts; or—

E.—Snow, and diluted sulphuric acid, 3 to 2 parts. Either lowers 20 degrees.

F.—Snow and hydrochlorate of lime, in crystals, 1 to 3 parts.

G.—Snow 8 parts, diluted sulphuric acid 3, diluted nitric acid 5.

H.—Snow 5 parts, and hydrochlorate of soda and hydrochlorate of ammonia, each one part.

I.—If you will mix the compound of 2 parts snow to 3 of hydrochlorate of lime, with that of 7 parts of snow to 4 nitric acid, at the same temperature, the cold will be intensified.

K.—Snow 24 parts, hydrochlorate of soda 10, hydrochlorate of ammonia 5, nitrate of potash 5.

L.—Snow and hydrochloric acid, 8 to 5 parts.

M.—Snow and diluted nitric acid, 7 to 4 parts.

N.—Snow and hydrochlorate of lime, 4 to 3 parts.

O.—The same, with proportions reversed, *i. e.*, 3 to 4 parts, is somewhat colder.

P.—Snow, and hydrochlorate of lime in crystals, 4 to 5 parts.

Q.—Sulphate of soda 6 parts, hydrochlorate of ammonia 4, hydrochlorate of potash 2, and nitric acid 4.

R.—Snow, and hydrochlorate of lime in crystals, 2 to 3 parts.

S.—Snow and potash, 3 to 4 parts; the same result.

T.—Mix the mixture *R.*, *i. e.*, 2 parts snow to 3 of hydrochlorate of lime, with one made of 1 part snow and 2 of the hydrochlorate of lime, and the cold will be twice as great.

U.—Eight parts of snow and 10 weakened sulphuric acid, and the maximum of low temperature will be reached, 33 degrees below zero, for such refrigerants.

Family Chemical-Freezer. This simple apparatus is for the use of the freezing mixtures described. It consists of an interior case, of tin or other metal, for the water ice, or ice-cream composition to be frozen; and an outer case, also of metal, say tin, for the freezing mixture, which will surround the former case. The whole is wrapped round with an old blanket, rug, carpet or woolen cloth. The larger the inner vessel in circumference, the more surface is exposed to the freezing action, and the quicker the result. Every fifteen or

twenty minutes the freezing mixture should be renewed, but the congelation will be completed in forty minutes. *Note:* work in a cool place; have the freezing compound and the ice-cream composition cooled; every time the renewal of the freezing mixture is made, plunge the inner vessel into a temporary container, filled with the excess of the freezing mixture, left from the previous operation. This same waste will continue for a long time chilly enough to cool wine or water, in bottles and decanters, immersed.

Ice from Sulphuric Acid. You will

need an

oak box, measuring inside $14\frac{1}{4}$ inches in length, $3\frac{1}{4}$ in width, and $6\frac{1}{4}$ in height; two tin boxes alike rectangular, but $1\frac{1}{4}$ inches, only, in length, one inch wide, and seven inches high. The wooden case is to hold the freezing mixture, the metal ones the water to be converted into ice.

This freezing mixture is composed of 7 parts of sulphuric acid, to 5 parts of water, both by weight. When the mixture is made, there will be a remarkable escape of heat, and the temperature of the liquor will rise considerably. Consequently, the water must be poured upon the acid, or the acid put into the water, as the case may be, with a slow and steady movement. A strong earthenware vessel which will not break must be used. When the temperature cools down to that of the air around, the mixture is ready for use.

Operations: Having put the quantity of $1\frac{1}{2}$ pounds of the liquor into the wooden case, you should instantly add four pounds of sulphate of soda (Glauber's Salts). Stir all with a stick, and plunge into it the two tin boxes,

ready filled with pure water. Place the two boxes so that they will not quite touch the inside of the case, and then the acid and salt mixture can freely circulate around them. The effect is that of a lowering of the temperature by thirteen, or more degrees. In ten minutes' time the water in the tin boxes will begin to be agitated, and icicles will form soon on the inside. Fifteen minutes afterwards the water in the boxes and the freezing mixture will be at the same temperature, and then the latter will no longer be useful for continuing the operation. A quantity of the fresh mixture must fill the case again, and the tin boxes be once more put in it. The icy particles will soon enlarge, and cling to the inner side, from which they must be carefully but easily knocked off, by pressing the metal sides in a little; this will spring them off, and the water not yet congealed will go directly into contact with the metal, and receive the chill straight. This act is of the utmost importance, for the success of the operation depends almost entirely upon it. Generally, before the end of fifty minutes, the water will be frozen; if not—which is contrary to the natural result—a third bath must be made, and the work gone over with, as twice before. Each of the tin boxes will then contain a brick of ice, solid, and most pure, weighing about a pound and a half.

General Remarks: In the summer-time it will be better to prepare the mixture in a cellar, where the constant temperature is low; use water drawn from a cool well, and store the acid and sulphate of soda in the same cellar beforehand. The several stages of the work require caution, as drops of the freezing compound should not fly upon the clothes, and must not touch the face: they would burn them. One drop of this diluted sulphuric

acid, remember, entering the eyes, would be almost deadly. See that the sulphate of soda is sound and without effervescence, as this "spent," it would have no strength, and the work would fail.

To Preserve the Ice, transiently: Wrap in a blanket, or pack in straw, and keep in the coolest place you can find.

To Make Ice at any time, in Quantity.

Mix five pounds of sulphate of soda and four pounds of sulphuric acid in a cask, and plunge into it at once a metal or earthen vessel full of water. Two other like quantities of the mixture are to be ready for the renewal of the bath, by which repetition the water will be frozen. If a larger quantity were used, the congelation would take place immediately, for, with the amount stated, the barrel and the vessel contribute some of their heat to the liquor. The cold is due to the heat in the water being absorbed by the sulphate of soda, on its uniting with the sulphuric acid, and liquefying. The waste can be soaked up by soda, and the whole evaporated till a thin crust is left, which is sulphate of soda for use next time. If it dries in masses, you must powder it.

Ice-Houses. An ice-house is one in which ice is stored in Winter, to be used in Summer; and where perishable edibles are preserved, and butter and milk prevented from spoiling. When the ground is suitable, its construction is not costly. It should be wholesome and damp-free, always comprising air of a temperature at which ice will not melt; shut off from communication with the outer air, even when en-

tered to take out the ice or edibles needed for daily consumption, and yet ventilated, and aerated with dry air.

In Europe, reliance is placed upon strong, thick-walled buildings, usually on shaded sites ; and our old-fashioned farmers still choose caves in hill-sides, or in dark glens, where spring water runs convenient for cooling the ice-house. Neither the solid building, nor the cold water is indispensable. It has been found, too, that it was a mistake to try to make the room air-tight, as that heated the air closely enclosed, and the ice became softened into snow on the surface. If the pit containing the pile of ice or snow were too deep another fault was committed, as the earth is warmer the lower one penetrates, and again the ice was exposed to the thaw.

The natural ice-house is a dry cavern, shaded, and yet with the underbrush so cleared out from among the trees as to allow circulation of air. Man imitates this arrangement by building, of massive stone blocks, a cell or chamber with as few breaks as possible, vaulting it over, and covering the roof with clay, and that with earth, which is sodded. A plantation of trees ensures the desired shade ; these trees, as well by their leaves as by their roots, keep down the temperature. If a ditch, more or less, surrounds the ice-house, it must be well clayed to prevent any leakage, and the water should always run to keep up the coolness. The freshly laid masonry must be completely dried before the ice is put in. The least moisture anywhere falls in vapor upon the ice, if there are no air holes and no draft. The less melting, the less necessity of having a drainage pit and waste-water channel.

Either snow or ice, or a mixture of both, can be packed away in the house. For the storage, choose fine, clear weather in the Winter, but not so cold as to make the

shovelling of the snow difficult. In any case, the idea is to have the heap as compact as possible.

Packing and Filling : In an ice-house of the foreign pattern, erect a trellis-work of wooden cross-bars at the back ; or use a kind of coarse crate of the shape of the chamber, but smaller, so as to have an interval all around it, above and below, to be filled in with non-conductive matter. In an American ice-silo, have an open-work, wooden frame for the pile of ice to be built upon. The idea is to have the latter isolated. Begin by placing on the impermeable floor of clay, stone, pounded charcoal, or the like, a compressed layer of reeds, fine cane rushes or straw, on which stand the crate or cage for the ice, if you thus prefer building up ; whatever the defence, the ice must not touch the sides, bottom or roof, anywhere. Proceed to pack on the straw a layer of ice or snow (where snow can be " obtained from mountain summit gorges, or where it falls a few times in Winter, and can be saved in ice-houses before it melts), or snow and ice. If ice, it is to be broken up into egg-sized pieces with the mallet, so as to pack most closely ; if snow, it must be compressed tightly : if snow and ice, press the former into the interstices of the lumps. The object is to avoid any holes or seams ; and by soaking the snow with water, and showering water on the ice so that it will freeze, the whole will be united. Having made one layer, trim the edges square, and lay another lot in the same way. When these layers reach a sensible height, pack in the straw or other non-conducting material all around, trampling, or beating well down. Thus continue until your top layer reaches within two feet of the roof, and is at the top of the crate. Then pack in all around, level, and cover with straw to the top, with just enough room

to shove in some heavy planks to keep all firm. If your pile of ice is simply in a pit, as an ice-silo, these planks will be the roof. They need on'y be laid on so as to keep off rain, and not fixed into grooves, or fastened strongly. Large stones upon them will prevent the wind dislodging them. Some make a peaked plank roof, or a straw one.

If properly made, ice-houses will keep their contents, without appreciable loss, right into Summer, and the solid mass will have to be cut off, as wanted.



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